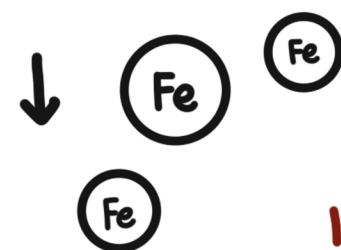


WHEN TO INTRODUCE SOLID FOODS

AROUND 6 MONTHS OLD, BUT NOT BEFORE 4 MONTHS



IRON STORES
START TO DEplete

OFFER BREASTMILK OR
FORMULA ALONGSIDE SOLIDS
UNTIL AT LEAST
12 MONTHS OLD

IMPORTANT CONSIDERATIONS

TEXTURE PROGRESSION



SMOOTH
PUREES



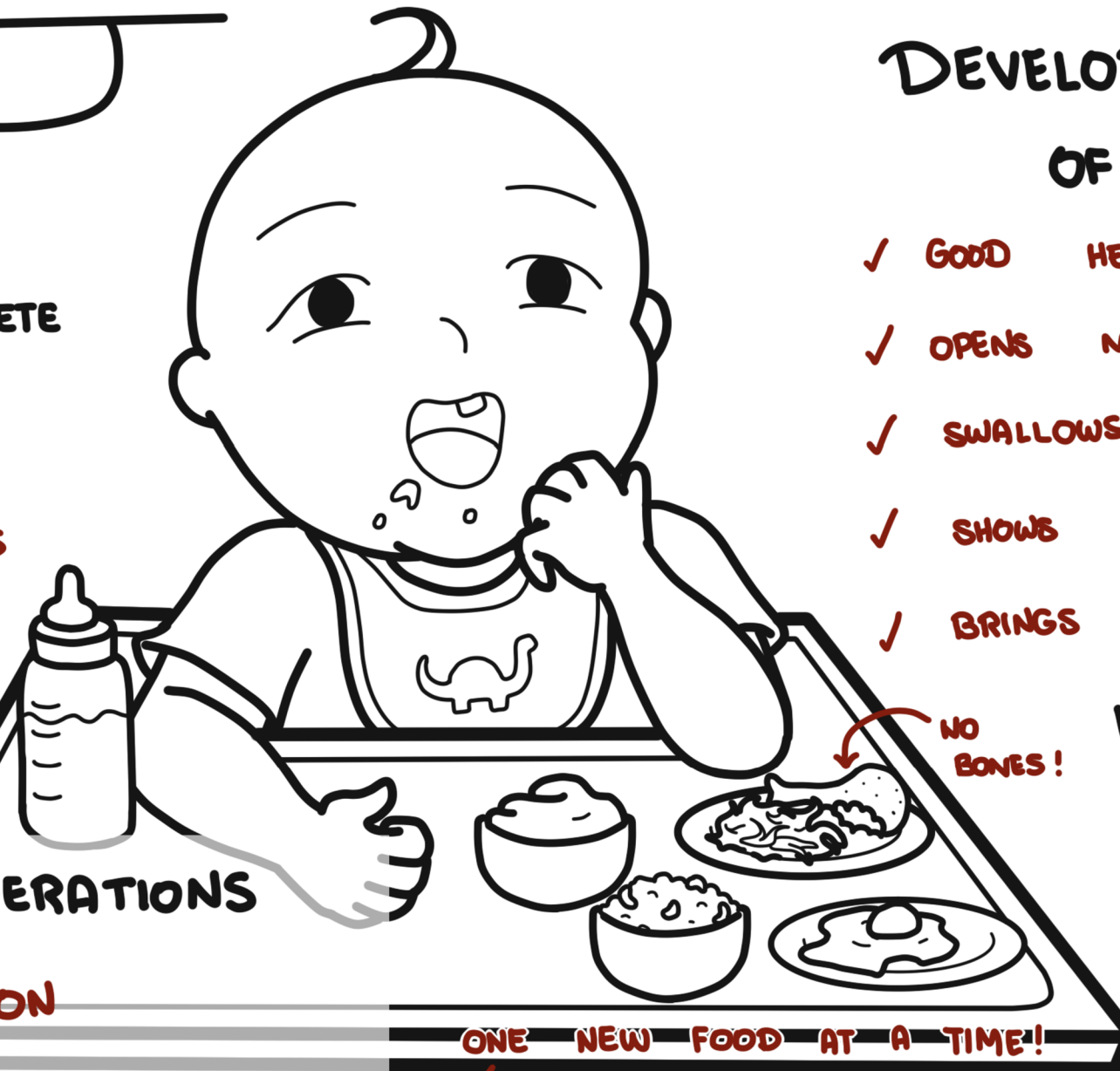
LUMPY,
MASHED



FINELY
CHOPPED

ALLERGENIC FOODS

- NO BENEFIT IN DELAYING
- EARLY AND REGULAR INTRODUCTIONS
MAY HELP REDUCE RISK FOR
DEVELOPING FOOD ALLERGIES



DEVELOPMENTAL SIGNS OF READINESS

- ✓ GOOD HEAD AND NECK CONTROL
- ✓ OPENS MOUTH WHEN FOOD IS OFFERED
- ✓ SWALLOWS FOOD
- ✓ SHOWS INTEREST IN FOOD
- ✓ BRINGS OBJECTS TO THEIR MOUTH

WHAT FOODS TO START WITH IRON - RICH FOODS

- IRON - FORTIFIED INFANT CEREALS
- PUREED OR FINELY MINCED MEATS
- LEGUMES
- WELL - COOKED EGGS

ONE NEW FOOD AT A TIME!

WAIT 3 - 5 DAYS BEFORE
INTRODUCING ANOTHER

CHOKING HAZARDS

- ALWAYS SUPERVISE BABY

FOODS TO AVOID (UNDER 12 MONTHS)



Armando H. Faigl